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IT'S A DISASTER!

...and what are YOU
gonna do about it?

3rd Edition

A Disaster Preparedness, Prevention
& Basic First Aid Manual

by Bill & Janet Liebsch

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ABOUT THE AUTHORS

Bill and Janet Liebsch are the original founders of Fedhealth, a publishing and marketing corporation formed to help the public focus on preparedness and health-related issues. They consider themselves "social entrepreneurs" dedicated to developing and marketing programs that primarily benefit schools and nonprofit organizations.

Fedhealth's manuals will be continually updated on preparedness and safety-related topics and expanded to include other languages.

DISCLAIMER

The authors of this Manual are not licensed physicians, and the enclosed suggestions should not replace the medical advice of trained medical staff. This information is not intended as a substitute for a first aid course, but reviews some basic first aid measures that could be used when professional medical assistance is delayed or temporarily unavailable due to a major disaster or crisis.

DEDICATION

*This manual is dedicated to Volunteers all around the
world who give their heart, soul, energy, and time
unselfishly for the betterment of our society.
Thank you.*

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INTRODUCTION

If you have never been involved in any type of major disaster, count yourself among the lucky ones and realize that disasters can happen anywhere and anytime!!

As victims of disasters can confirm, the confusion immediately following a disaster is scary - especially if you have not prepared yourself in advance and discussed these ideas with your family members.

Hopefully every time you see or hear about a disaster it makes you stop and think... “What if that was me or my family?” But what have YOU done to get yourself and your family ready? The best thing you can do to deal with any type of disaster is...

BE AWARE... BE PREPARED... and... HAVE A PLAN!

If you do these 3 things, the life you save could be your own... because what you don't know CAN hurt you!

The more the public is prepared for a disaster, the less strain we place on our local emergency services. Any major disaster will temporarily swamp first responders, therefore, both the Red Cross and the Federal Emergency Management Agency recommend persons to try to be self-sufficient for at least 72 HOURS following a disaster. And if you are prepared for a longer period... that's even better!

A majority of this information was compiled from various publications provided by the Red Cross, U.S.'s Department of Homeland Security and FEMA, and Canada's OCIEP to help assist you in preparing for various types of disasters and basic first aid. It also will offer many suggestions on personal checklists and important telephone numbers for your family members and emergency groups that can be written in the spaces provided or attached inside this Manual.

We realize you may not experience every type of disaster in your part of the world, but if you ever travel away from home you could potentially be placed in a disaster situation so please educate yourself and your family.

Please stop your hectic lives for just a few hours and sit down with your entire family (from children to seniors) to read this Manual and discuss how each of you would handle these types of situations.

It will be quality time with your loved ones and could save your lives!